

TEXAS MASTERS CHAMPIONSHIPS OPEN & MASTERS CHAMPIONSHIPS

SATURDAY JUNE 27, 2009 COPPELL HIGH SCHOOL

SPONSORED BY THE DALLAS MASTERS TRACK AND FIELD CLUB

MASTERS COMPETITION IN FIVE (5) YEAR INCREMENTS AND OPEN DIVISION

ENTRY FEES: PRE-REGISTERED BY JUNE 23, 2009 \$20.00 FIRST EVENT, \$5.00 EACH ADDITIONAL
AFTER JUNE 23: \$25.00 FIRST EVENT \$5.00 EACH ADDITIONAL

RELAYS \$20.00 *****ALL HURDLE EVENTS MUST BE PRE-REGISTERED***** WGT PENTATHLON \$30.00

ENTRIES CLOSE AT 3:00 PM

SCHEDULE OF EVENTS EVENTS RUN IN ORDER LISTED TIMES ARE APPROXIMATE

6:00 PM

6:15 4 X 100 RELAY
6:15 80/100/110 METER HURDLES
6:45 800 METER RUN
7:10 100 METER DASH
7:30 400 METER DASH
7:55 1500 METER RUN
8:20 200 METER DASH
8:50 300/400 METER HURDLES
9:10 5000 METER RUN
9:10 3000 METER RACEWALK
9:25 4 X 400 RELAY

9:00 AM

WEIGHT PENT. & ALL THROWS
PENTATHLON THROWS WILL COUNT
AS REGULAR COMPETITION THROW

1:00 PM

POLE VAULT
2:00 LONG JUMP
3:00 HIGH JUMP
4:00 TRIPLE JUMP FOLLOWS LONG JUMP

SUPER WEIGHT & MEGA WT. (98#)

THROWS FOLLOW PENTATHLON

****WEIGHT AND SUPER WEIGHT & MEGA WEIGHT WILL BE
AVAILABLE

**ALL EVENTS RUN AS FINALS TIMED SECTIONS, IF NECESSARY. AGE
GROUPS AND SEXES MAY BE COMBINED. AUTOMATIC TIMING SYSTEM AND WIND
GAUGE, CERTIFIED OFFICIALS, SANCTIONED BY USATF.
MEDALS TO TOP THREE IN EACH AGE DIVISION**

COPPELL HIGH SCHOOL IS LOCATED at 185 PARKWAY BLVD. COPPELL, TX DALLAS MAPSCO 1A-N *

NAME _____ DATE OF BIRTH _____ AGE ON 6/27/09 /SEX _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ DALLAS MASTERS MEMBER YES _____ NO _____ E-MAIL _____

I, THE UNDERSIGNED, HEREBY AGREE TO RELEASE AND DISCHARGE THE DALLAS MASTERS TRACK AND FIELD CLUB, THE USATF
SOUTHWEST ASSOCIATION, COPPELL ISD, ANY OF THEIR REPRESENTATIVES, AND ANYONE CONNECTED WITH THE MEET, FROM
LIABILITY RESULTING FROM ANY ACCIDENT AND/OR INJURY THAT I MAY SUSTAIN WHILE COMPETING OR PARTICIPATING IN SAID TRACK
AND FIELD MEET. I CERTIFY THAT I BELIEVE THAT I AM CONDITIONED AND PHYSICALLY ABLE TO COMPETE IN THIS TRACK MEET.

ATHLETE'S SIGNATURE _____ DATE _____

CIRCLE EVENTS ENTERED AND INDICATE YOUR BEST PERFORMANCE IN 2008-2009

DISCUS	1. _____	TRIPLE JUMP	8. _____	1500M	15. _____
SHOT PUT	2. _____	HIGH JUMP	9. _____	800 M	16. _____
JAVELIN	3. _____	3000 RACEWALK	10. _____	400 M	17. _____
WT. THROW	4. _____	80/100/110 HH	11. _____	200 M	18. _____
HAMMER THROW	5. _____	400 M /300 M IH	12. _____	100 M	19. _____
LONG JUMP	6. _____	5000 M	13. _____	SUPER WT.	20. _____
WT. PENTATHLON	7. _____	POLE VAULT	14. _____	MEGA WT.	21. _____

OPTIONAL TEXAS MASTERS CHAMPIONSHIP T-SHIRT WITH ORIGINAL DESIGN AND NO ADVERTISING \$10.00

AMOUNT PAID _____ SHIRT SIZE MED LGE XL XXL

MAIL ENTRY AND CHECK PAYABLE TO DALLAS MASTERS T & F CLUB, 1501 W. LAVENDER LANE, ARLINGTON,
TEXAS 76013-5023 PHONE 817-274-0448 8:00 AM TO 8:00PM.